Florida Sun Kefir

Water kefir grains create a lacto-fermented beverage from sugar water, fruit juice, or coconut water. Incredible and very easy to use. Live active grains can create a new batch of water kefir every 48 – 72 hours.

Water kefir makes a fantastic non-dairy alternative to milk kefir and can be flavored to make a range of delicious beverages or as an ingredient in many recipes.

Your family will love it! Each package contains (1) sealed container of premium FSK water kefir grains. This culture is reusable and will exponentially grow with each successful brewing, initially making 1 quart of water kefir with each brewing.

Complete, easy-to-use instructions are included in every package.

Instructions, Guides, Videos & Recipes at

www.floridaSunKefir.com/ebook.pdf

A Simple & Easy Recipe: In a glass jar, mix ¼ cup of completely dissolved any cane sugar of your choice with **1 tablespoon of unsulphured molasses (this is MOST important to start fermentation)** in 30 ounces of room temperature spring water for every ¼ cup of grains.
Mix all together, and then add kefir grains. Cover lightly with coffee filter or paper towel and place in a warm area away from direct sunlight. Allow to ferment (see fermentation time table card)

Nutrition Facts

Serving Size: Quarter Cup
Servings Per Container: 1

Amount Per Serving	
Calories 0	
	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Protein 0g	

*Percent Daily Values are based on a 2,000 calorie diet.

LIVE CULTURES DO NOT STORE

OPEN / USE IMMEDIATELY

NON-GMO, GLUTEN FREE
NON-DAIRY, SOY FREE

Ingredients: Florida Springs Water, Live Active Cultures

Florida Sun Kefir, Hollywood, Fort Lauderdale & Miami Florida, USA

Revised 5/23/2020

There are drawstring bag(s) included (for optional use) to add fruit or flavorings to your brew after the initial fermentation (up to 48 additional hours), and only after the grains have been removed. This is called a "second fermentation"

TIP: Using a pinch of baking soda in your brew (about 1/8th teaspoon, every other brewing) is an adequate amount of minerals for them to grow and remain healthy

TIP: Use 1 inch amount of your previous brew as a "starter" for your next brewing

TIP: After each brewing set the grains in a bowl of only spring water for 20 minutes. This will adjust the pH to neutral and clear the grains of stored sugar & minerals, created by fermentation.

TIP: Using in moderation small amounts of high potassium ingredients (i.e. coconut water/sugar or unsulphured low sodium molasses) to your choice of sugar will enhance carbonation.

As a disclaimer it is important to know, that before starting any homeopathic vitamin, mineral or probiotic regimen that you consult a qualified healthcare professional. The use of this product is not intended to treat, diagnose or substitute medical care. The use of kefir is the sole responsibility of the consumer. Do not give to children and elderly without seeking advice from a healthcare professional. Do not use kefir is you have allergies to fermented products

Any statements contained herein have not been evaluated by the FDA.

HOW TO STORE

TIP: Taking a break of up to 7-10 days is easy, soak and rinse the grains to remove as much store minerals (until they become much lighter in color).

Strain and pat dry gently with clean unbleached paper towels to remove as much excess water as possible, place grains in a glass jar and secure a coffee filter or paper towel with an elastic band, place the jar on the lowest shelf in your refrigerator, this will be fine for up to 7-10 days. Any longer consider dehydrating them.

TIP: Dehydrating Florida Sun Kefir Grains is also easy.

Once again soak the grains in only spring water until they become MUCH lighter in color for about 30 minutes, (you may need to do this several times) to remove unused stored minerals. Strain and gently pat dry with unbleached paper towels.

Spread them out uncluttered on a piece of "ungreased" bakers parchment paper, next place them in a low humidity area out of direct sunlight. They will be fully dehydrated (and much smaller too) in 48 to 72 hours. Wrap dehydrated grains in a clean unbleached paper towel and place in a moisture tight container for up to one year.

TIP: Rehydrating water kefir grains in a basic sugar water recipe may take one or two fermentations to become fully viable again, as they are void of all necessary water and minerals.

FERMENTATION TABLE

APPROXIMATELY	ONE QUART	ONE HALF GALLON	ONE GALLON
FSK KEFIR GRAINS	QUARTER CUP	HALF CUP	FULL CUP
WATER (OUNCES)	30 OUNCES	60 OUNCES	120 OUNCES
DISSOLVED SUGAR	* QUARTER CUP	HALF CUP	3/4 CUP
MOLASSES	(1) TABLESPOON	(2) TABLESPOONS	(3) TABLESPOONS

	ROOM TEMPERATURE	FERMENTATION TIME
	85+ DEGREES	1 - 2 DAYS
	84 - 78 DEGREES	2 - 3 DAYS
**	78 - 76 DEGREES	3 DAYS
	75 - 70 DEGREES	3 - 4 DAYS
	70 - 65 DEGREES	4 - 5 DAYS
	LESS THEN 65 DEGREES	5+ DAYS

* IF USING COCONUT WATER USE 2 TABLESPOONS OF CANE SUGAR PER QUART
** IDEAL FERMENTATION TEMPERATURE RANGE

KEFIR GRAINS ARE ONLY A CATALYST FOR CONVERTING SUCROSE. USING BETTER ORGANIC INGREDIENTS WILL YIELD A COMPLETE RANGE OF BENEFICIAL PROBIOTICS

AFTER EVERY 2nd OR 3rd BREWING SOAK THE GRAINS IN ONLY SPRING WATER FOR 1 HOUR, DRAIN AND PLACE IN A GLASS JAR, COVER LIGHTLY WITH COFFEE FILTER OR PAPER TOWEL, PLACE ON THE LOWEST SHELF IN YOUR REFRIGERATOR AND LET THEM REST OVERNIGHT FOR MORE PRODUCTIVITY

Thank you for your purchase of water kefir grains. You've discovered the secret of the most basic beginning of a healthy life that others have stumbled upon..

To Get Started For a Basic Recipe: Have Handy

a) A clean glass jar or container that will hold 32 ounces (if you are making a quart)

Non-Metalic Utensils

b) A good water, such as an inexpensive spring water (ie Walmart Brand "Blue Cap") or any water of your choice, Tap water may contain chlorine or fluoride which can harm the kefir grains.

c) Any sugar of your choice, (an organic sugar is recommended)

d) MOST IMPORTANT, Please use 1 tablespoon of unsulphured molasses in your recipe for the first brewing. This is NECESSARY for the grains to first ferment, This will be the starter to initialize the fermentation. Without this, the beverage will be "flat". and once again organic molasses works best.

1) If you purchased active live kefir grains, then please use only NON-chlorinated water, This most likely means NO Tap water, unless you have a charcoal filter on your tap to remove chlorine. Bottled spring water is the good choice. If you have a multi filter home water system, this will remove nearly all essential minerals that would normally promoter kefir growth. (but you can still use this, if are supplementing the water with minerals)

As a general recipe rule, prepare 1 quart of spring or mineral (room temperature) water in a glass container with dissolved ¼ cup of the sugar of your preference and MOST IMPORTANT 1 tablespoon of unsulphured molasses for each ¼ cup of live kefir grains. (see Fermenting Table Card enclosed with your order)

You can adjust this recipe to make more or less. If the water is the same room temperature

*(not too hot) then you can add the kefir grains. Place jar in a warm non direct sunlit area. Cover lightly with coffee filter or cheesecloth and secure with an elastic band

At this point you can set them aside to produce a well balanced pro-biotic beverage for the next 24, 48 or 72 hours, (but can take longer depending on the region climate in your area) give the mix a taste (at any stage 24, 36 hours) to see if it is palatable it may be necessary to ferment longer if you are in a cooler climate area (a longer fermentation time 72 hours or greater is preferred for most sugar/sucrose intolerant people). You will know when it is too long, as they will start to produce an over abundance of yeast and begin to smell like bread dough, it is still very good to drink and this "good yeast" is also quite beneficial to your colon's flora. (**only after the grains have been removed** you may flavor the kefir water "called a second fermentation", see recipes below) Only dried non citrus fruits may be added to the water with the grains, if preferred.

Water Kefir Recipes

1. In a quart jar , add ¼ cup light or dark sugar of your preference
2. Add 1c warm water
3. Stir until dissolved
4. Add cool water to the jar, filling it within 1 inch from the top
5. Add kefir grains
6. At this point, you can add dried fruit if you like

Cover with a coffee filter or some other loose fitting cloth & let stand for 24-48 hours. Drain fruit and grains and drink or proceed to the second fermentation.

The second fermentation takes place without kefir grains – but there's plenty of probiotic goodness from the first fermentation kefir to feed on the sugars in the fruits and juices you add to the second fermentation. In the second fermentation, you would let the kefir sit in a closed container for an additional 24 hours before drinking.

Apple Kefir Soda

1 quart prepared water kefir (filtered after the first fermentation)
4-6 pieces of dried apples

In a jar that has a tight lid, pour your water kefir and add the apples. Screw on the jar lid tight and leave on a kitchen counter for 24 hours, then – drink (or place in your refrigerator if you like to stop further fermentation.)

Fruit: Fresh or dried fruit can be added either during the fermentation process or after the grains have been removed. Or simply add in anything in a blender with kefir water and some ice for a refreshing slushy!

Fruit Juice: Fruit juice should only be added once the grains have been removed (It can cause them to cease growing, disintegrate and also dye them the color of the juice.) Approximately ¼ cup of juice per 1 quart of kefir water is a good amount to start with. Adjust to taste. Lemon juice added at the end of a basic sugar water kefir with white sugar makes a fantastic lemonade. Orange juice makes a great tangy orange soda. Grape juice is yet another favorite often referred to as Kefir d'uva.

Flavored extracts: The most commonly used flavor extract is vanilla which makes a smooth cream soda when added (1/2 tbs pure vanilla extract to 1 quart finished water kefir) . Be sure to remove the grains before adding a flavor extract. Whole vanilla beans or cinnamon sticks can be used as well.

Orange Vanilla Soda

After 24 hours of fermentation, strain the kefir take the liquid and, add a couple orange slices (outer rind peeled if non-organic), let sit for another 24 hours on the counter, or 24-48 in the refrigerator. Tighten the lid for more fizz!

Blueberry Coconut

After 24 hours of fermentation, strain the kefir, take the liquid and add ¼ cup of coconut water per quart. Put in a big handful of blueberries, let stand for another 24 hours on the countertop or 24-48 hours in the refrigerator.

Cranberry Apple

After 24 hours of fermentation, strain the kefir, take the liquid and add ¼ cup cranberry juice per quart, throw in a couple of slices of apple, let sit another 24 hours on the counter or 24-48 in the refrigerator.

Grape

After 24 hours of fermentation, strain the kefir, take the liquid and add ¼ cup of grape juice per quart, add a couple of grapes if desired as well. Let sit on the counter for 24 hours or 24-48 in the refrigerator, tighten the lid for more fizz!

Creamy Ginger Spice

After 24 hours of fermentation with just ginger and sugar, strain the kefir take the liquid and add ½ tbs vanilla extract and 1 cinnamon stick per quart. Let sit for another 24 hours on the counter, or 24-48 in the refrigerator, Tighten the lid for more fizz! Serve cold with whip cream on to, or add some scoops of caramel vanilla ice cream for a delicious float!

Lime Pineapple

After 24 hours of fermentation with a slice of lime (instead of lemon) , strain the kefir, take the liquid and add a ½ cup of pineapple chunks per quart, squeeze in the lime juice and discard the lime slice, let sit for another 24 hours on the counter or 24-48 in the refrigerator.

Raspberry Mango

After 24 hours of fermentation, strain the kefir, take the liquid and add ¼ cup of mango (or similar tropical fruit) per quart. Add in ½ cup raspberries. Let sit for 24 hours on the counter or 24-48 hours in the refrigerator

Strawberry Lemon

After 24 hours of fermentation, strain the kefir, take the liquid and add ½ cup pureed strawberries and squeeze out the juice from a lemon into it. Add in a couple of whole strawberries if desired as well, let sit for another 24 hours on the counter or 24-48 hours in the refrigerator.

Cola Cherry

After 24 hours of fermentation, strain the kefir, take the liquid and add ¼ cup cherry juice per quart. Add a couple of whole cherries if desired as well, let sit on the counter top for 24 hours or 24-48 hours in the refrigerator. Mix sugar to taste if desired.

Banana Berry Blend (Slushy or Smoothie)

Take a ½ cup of frozen berries, ½ cup kefir water, ¼ cup shredded coconut, ½ large banana , a couple of spoonfuls of applesauce and blend in ice until desired consistency is reached. Add honey or sugar if you would like it sweeter.

You can also make a smoothie with a couple of scoops of vanilla or coconut ice cream instead of ice. This is a very delicious flavor combination.

Many different kinds of dark and light sugars will produce different flavors, experiment and try something new. You'd be surprised of the exciting flavor combinations you can make with many different mixes.

WATER KEFIR

What is Water Kefir?

Water Kefir

milk part of it! Like me, there are many people out there who either can't or prefer not to take any milk, but would love to benefit of Kefir's multiple healthy properties, for whom this type of Kefir deems ideal. Water Kefir can be taken in much more quantity than Milk Kefir (from 1 to 3 liters daily), and it is said that Water Kefir's properties are far superior to those of Milk Kefir's.

So now that you know about this other type of Kefir, you probably still don't know what Kefir is. The word "Kefir" is thought to have originated from the Turkish word "Keif" which means "good feeling". Kefir is a polysaccharide structure where several non-pathogenic, but friendly or healthy bacteria and yeast live in symbiosis. While Milk Kefir has been compared to yogurt, Kefir's microflora is much more complex. The exact composition of microorganisms that form the grains usually varies slightly, depending on the media where they are cultured, and so Water and Milk Kefir differ in some microorganisms that may specifically grow on milk and not fruit, and the other way around. Also, depending on the fruits used to culture Water Kefir, we may be adding new friendly yeast and bacteria to our grains. Typical composition of Water Kefir grains is: *Lactobacillus brevis, Lactobacillus casei rhamnosus , Lactobacillus alactosus, Lactobacillus casei casei, Lactobacillus pseudoplantarum, Lactobacillus plantarum, Streptococcus lactis, Streptococcus cremeris, Leuconostoc mesenteroides, Saccharomyces florentinus, Saccharomyces pretoriensis, Kloeckera apiculata, Candida lambica, Candida valida.*

What are the Health Benefits of Water Kefir?

Water Kefir, due to its diuretic, depurative and regenerative properties, can be of benefit in a broad variety of health conditions. What follows is a list of conditions it can help to improve, and suggested dosage, as I have found listed in the several sources listed at the end of this document. Note that this document is merely informational and in no case is the information below meant to substitute medical diagnosis and/or treatment, nor should the product be used to substitute medical care. Always consult with your physician (or if you plan on using it on your animal companions, with your veterinarian) about your (or your animal's) health condition. Kefir is no "cure-all" or universal remedy. It can only complement and help appropriate medical treatment due to its detoxifying and immunity-building effects.

As a natural product, Kefir works by slowly regulating the organism and helping it become healthier. If you expect a rapid overnight result, then forget about it. Water Kefir can be indicated in nervous disorders, internal ulcers, bronchial catarrh, sclerosis, myocardial infarction, liver and gall bladder disorders, kidney problems, stomach and intestinal diseases, diarrhea or constipation, anemia, allergies, dermatitis and other skin problems such as eczema. It's use on an ongoing basis proves to have excellent effects in

Copyright © 2004 All rights reserved.
+++ COPIES ONLY TO BE DISTRIBUTED FOR FREE +++

convalescence after serious diseases. It can also help regulate blood pressure and weight control, and has good results during pregnancy and abdominal feminine discomfort.

Kefir prevents intestinal putrefaction, which is the cause of multiple disorders, and contributes to the body's depuration. It doesn't alter the digestive process. It should be drunk on a daily basis, and depending on the condition, once or more times a day. In chronic conditions, great quantities of Kefir should be drunk, 3 times daily, about ½ a liter (approx. 2 cups) each time.

The table below indicates suggested doses indicated for some conditions:

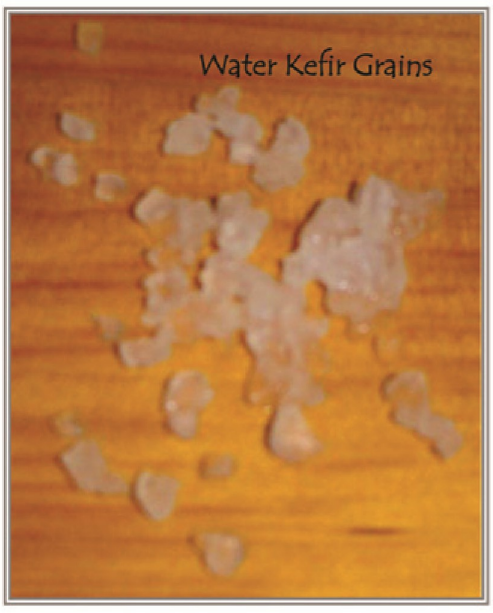
Nervousness	1 liter daily
Ulcers	1 liter daily (they disappear after 2 months)
Asthma	1 liter daily (during a longer time)
Bronchial Catarrh	1 liter daily
Anemia / Leukemia	1 to 2 liters daily (check blood test values after 2 months)
Sclerosis	1 liter daily
Dermatitis / Eczemas /Skin Allergies	1/2 liter daily + local application over affected skin letting it dry. Wash hands and face (after 2 to 4 weeks allergy disappears)
Cystitis	1 liter daily
Kidney Problems	1 liter daily
Gall Bladder Disorders	1 liter daily
To regulate Blood Pressure	1/2 liter daily

Where Can I find the Grains?

Water Kefir grains are not commercialized, probably because this mother culture resists being manipulated and adulterated for commercial purposes. Maybe this is the main reason why Water Kefir is not paid the attention it deems, and is so unknown or forgotten... so we're really dealing with a millenary culture that has always passed from someone's hands to someone else's like a legacy. Grains, thus, are usually obtained from someone who has them, then you give to someone else,

Copyright ° 2004 All rights reserved.
+++ COPIES ONLY TO BE DISTRIBUTED FOR FREE +++

Alternatively, if you happen to have Milk Kefir grains, you may try "converting" them into Water Kefir grains. I have read some folks have achieved this successfully, but it takes time since the microflora needs to adapt to the new culture medium, and for a time it will still have the Kefiran of Milk Kefir. I personally don't recommend this option, as it is not that you can switch your grains back and forth from milk to water and the other way around.


Water Kefir Grains

Since Water Kefir grains are so hard to come by, but multiply a lot and very rapidly, I suggest you never throw away your excess… kindly give it to a friend or relative or coworker, who may also benefit from it, or offer it for free through your local Health Food Store so other people have access to it as well. In this materialistic world, we really need more acts of generosity, giving away stuff not expecting anything in return. Aren't we already sufficiently paid by knowing we're spreading health? Health is something money can't buy. Should you decide to ship it to someone else, it is fine to have the recipient cover the shipping costs, but it is obviously up to you. To ship the grains, you may either want to dehydrate them and put them in a plastic bag inside a padded envelope, or place them in a small plastic bag or small container that can be sealed with water and sugar (read the storing methods below) and then in a padded envelope.

Note: If you need to distribute information on Water Kefir along with your grains, please feel free to print out and distribute this document, as long as you do it for free.

How to Culture Water Kefir

So now we have our grains, and need to know how to brew the stuff… for this purpose, we will need the following utensils:

Copyright © 2004 All rights reserved.
+++ COPIES ONLY TO BE DISTRIBUTED FOR FREE +++

- 1 large broad opening glass container with lid - exact size depending on the amount of liquid per batch you want to make. If you make the basic recipe exactly as listed below, probably a 1.5 liter capacity container will suffice. If your glass container does not have a lid, you can simply cover it by placing a plate on top or with some plastic wrap or cloth tied with a rubber band around the opening.
- 1 strainer and/or pouch – depending on method used (see below).
- 1 spoon
- 1 glass jar

Note that the utensils used in the process should preferably not be metallic, as it is believed it is best for the grains not to touch any metals (although it doesn't seem to be critical if for example you use a metal strainer because you don't have another one), so you may want to use for example a wooden spoon and a plastic strainer (or made of some other material). I also suggest that you keep the utensils you decide to use for brewing Water Kefir solely for this purpose.

There are 2 known methods of dealing with the grains: the "loose grains" method and the pouch method. In the first one, you just toss the grains in the glass container along with all the other ingredients, so you will need to use a strainer for pouring each batch and washing the grains afterwards. The pouch method seems easier and better to keep your grains separate from other stuff you may want to add to the recipes (we will see there

Water Kefir

taste.

- 3 tbs. Water Kefir grains (also called Water Kefir Fungus)
- 50 g. Brown Sugar or Honey - you can use any preferred type of honey, and can also use white sugar or molasses as long as it is from sugar cane. For diabetic people, fructose should be used, saccharin and other such sweeteners are NOT suitable. (1 gram = 0.035274 ounce)
- 1 or 2 dried figs – or any other dried fruit you prefer like dried prunes, apricots, dates, raisins, etc. Fresh fruits are also suitable, but need to be changed daily, as opposed to the dried ones, which can be changed for new ones weekly.
- ½ lemon.
- 1 liter mineral or spring water – only water without any chlorine should be used, so tap water is not suitable unless it's filtered (1 liter = 4.399385 cup [Canada], 1 liter = 4 cup [metric], 1 liter = 4.2267528 cup [US])

Mix in the glass container and stir. There are 3 different brews you can make: 24, 48, and 72 hour fermentations. 72 hours is the maximum a batch should be let to ferment. Stir occasionally while it's fermenting. The longer it is allowed to ferment, the stronger it becomes. Note that the carbonic acid increases each day, so if your container is air-tight sealed, it could explode. Personally I like using a glass container slightly larger than the batch I'm going to make, so there's room for the gas in it, and just lightly cover it with a lid. Covering it is important so it doesn't become contaminated with strange microorganisms (although Kefir's own micro-flora maintains many pathogens at bay), and to prevent flies or other bugs from getting into it.

It is said that 24-hour Water Kefir acts like a laxative (I have personally not noted this effect on myself, so it may be an individual thing) and 48-hour Kefir regulates and reestablishes intestinal function.

The container should be stored away from direct sunlight to prevent heating and death of the microorganisms and at room temperature (away from extreme temperatures that kill the

Copyright © 2004 All rights reserved.
+++ COPIES ONLY TO BE DISTRIBUTED FOR FREE +++

Kefir grains) anywhere you like, as light is not a factor that really affects the fermenting process, so you can put it in a cabinet, on a shelf or on top of your kitchen counter in a corner for example. I personally like having it on my kitchen counter, so I can easily control the process and stir when needed.

It is normal for some grains and/or fruits to float in the water, as the gas makes them float.

Once the fermenting time has passed, strain the liquid, squeeze the juice of the half lemon used in it, and it's ready to take. The strained liquid is the Water Kefir, also called Kefired Water. Wash the grains under running water, clean the container (do not use soap) and start the whole process all over again for the next batch.

How Can I Store my Water Kefir Grains safely?

If for whatever reason, like going away on vacation or simply wanting to rest from taking kefir for a period of time or to just store or ship some excess grains, we need to stop culturing kefir, there are some ways to keep our grains preserved until we start brewing again.

- For some days (4-5 days), we can just put the grains in a small glass container with spring water and sugar.

- For a longer period of time, like a couple of months, we can freeze them by straining them well and placing them in a plastic bag or glass container in the freezer.

Water Kefir and Small Children

I have been asked about the age when children can start drinking Water Kefir. I haven't found any specific information on this regard. For Milk Kefir, however, I have read that they can start taking it at the same age they can start eating yogurt, so I assume it would be the same.

While I have also read that one must be cautious with little children and animals due to Water Kefir containing from 0.5% to 3% of alcohol, depending on fermenting time, process (air tight vs. loose lid) and sugar content, I have also read that the natives of the Caucasus Mountains as children drink Kefir like water, and these people have an average lifespan of 110 years. And we must also bear in mind that Milk Kefir has an alcohol content as well, it is not something exclusive of Water Kefir. On the alcohol content of Milk Kefir I have found it can vary from 0.06 % (Marshall 1984), up to a maximum of 3%, depending on fermenting process, temperature, time and type of culture used, being on average the alcohol content of home-brewed Milk Kefir around 0.5% with loose lid and 1% in air-tight sealed container. So, really not much of a difference, huh? And, also, brewing our own Water Kefir, we can seem to control this.

To be on the safe side, same as I indicate for animals below, we might want to brew 24 hour batches in a loose lid container, not shaking it much (since this also results in higher alcohol content), and adjust the quantities taken to at least half of what an adult would drink.

Can my Animal Companions take Water Kefir?

Several of my clients and myself share this healthy beverage with our dogs, and they love it. They too can benefit of its multiple properties! However, since they don't seem to have a problem, unlike me, with Milk Kefir, what I do is alternate both kinds for them – I use Goat's Milk Kefir I have access to, don't make it myself. But, I do really love the Water Kefir for their fasting days!! I can't tell much about cats because I have at this point very limited experience on how they may like Water Kefir, and the ones I know about refuse to drink it, which seems to me more a taste issue inherent to cats. Milk Kefir, however, should be perfectly suitable for them (unless they have milk protein intolerance or the sort), and I would assume it to be much more palatable for them than Water Kefir. Much like us, they have their own personal taste too!

As a general rule, I suggest that if you want to give it to your animal companion, offer some to them and watch how they react to it and/or do on it. Then, take it from there. To be on the safe side, there are a some things we may need to keep in mind:

Copyright © 2004 All rights reserved.
+++ COPIES ONLY TO BE DISTRIBUTED FOR FREE +++

- Adjust the quantity taken to their size. Perhaps it is perfectly fine to give a 50-70Kg dog the same quantity an adult human would drink (maximum 1 liter daily), but that is certainly not so for a 1.5-10Kg dog, for whom ¼ of that quantity would be much more suitable.
- Take into account the alcohol content and, as I have mentioned above for small children, try to brew the lowest alcohol content batches. I personally brew 24 hour batches in a loose lid container for both my dogs and myself, and do not store the strained kefir for more than 24-48 hours (we usually drink it before that time) – this is important also because Kefired Water continues to ferment in the jar due to all the good bacteria and yeast in it until all sugar is used up.
- Make sure the recipe you use does not have any ingredients that are toxic to your animal – this may apply to Grape Juice Kefir for dogs, or to certain herbs you add that have species-related toxicity. In this regard, I prefer to use honey to sugar in my recipes, not only because of my personal taste (I have tried both and like the one made with honey much better), but also because I consider it much healthier for my dogs (and myself).
- In general, bear the other caution notes I have listed for humans in mind too, as they also apply to your companion animal.

Recipes with Water Kefir

Here are some suggested commonly used recipes to change your drink for variety and/or added health benefits. There are many more out there, and, as said, feel creative and use your imagination and create your own personal recipes to your taste!

Note: when using herbs, always consult if they may not be contraindicated for your

To make Grape Juice Kefir, a part of water and a part of Grape Juice are used, to which the kefir grains are added. It is optional to add some fresh mint leaves. Do not fill the glass container more than 2/3 of its capacity so there's room for the gas. Close the container with the lid, and let it ferment for 24 hours. Strain the grape juice kefir, which changes to become similar to Champagne due to its bubbles content… actually, if you modify this recipe adding some unripe grapes, you can obtain a healthy Champagne substitute, an alternative with pretty similar flavor to real Champagne. For this, you'll need to add ¼ of the volume of unripe grape juice to ¾ of the volume of ripe grape juice. An alternative option to using the unripe grape juice is to replace it with lemon juice, adding the juice of 1 lemon per each 500ml of grape juice used, and fermenting as usual.

For this recipe, you can use bottled grape juice, as long as it is 100% natural juice without any additives. Although, when using freshly made grape juice, an added benefit of an additional yeast that naturally grows on fresh organically ripe grapes is obtained. It is that white film that can be seen on the grapes' peel. Either white or red grape juice can be used for the recipe.

Green Tea, Ginger and Cinnamon Kefir

Green tea in combination with ginger root and cinnamon has invigorating properties that help us recover vitality and well-being. We shouldn't drink more than a liter of this recipe a day, and no more than a glass at a time. And if drunk on a daily basis, let our body rest from the herbs every now and then (at least discontinue it for 1 month after 6 months of taking it).

Ingredients:

- 1 liter Water
- 2 tbs. Honey or Brown Sugar
- 2 tbs. Water Kefir grains – we may want to use the pouch method if using loose tea
- 3-4 slices fresh ginger root
- ½ cinnamon stick
- 1 tbs. Green Tea or 1 Green Tea Bag
- 1 tbs. Dry Mint leaves (optional)
- ½ lemon (optional) – we can add its juice after brewing it also

Make a tea with ¼ liter hot water (not boiling), the green tea, cinnamon and ginger (and the mint leaves if using them). Let it sit to cool covering it. Once it has cooled (remember if too hot we will kill our Kefir grains), pour it in your glass container. Add

Copyright © 2004 All rights reserved.
+++ COPIES ONLY TO BE DISTRIBUTED FOR FREE +++

the water Kefir Grains, the honey /sugar and rest of the water (and lemon if using it). Cover with lid, and let it ferment at room temperature from 36 to 48 hours in a dark place (inside a cabinet or closet), remembering to stir at least once per day. Drain and it's ready to drink like that or iced. You can also pour it in a bottle and store it in the fridge for a couple of days.

Dandelion Kefir

Dandelion (*Taraxacum officinale*) activates liver and kidney cellular metabolism, which favors bile and urine production. It is a herb that can help several conditions due to its properties and can be taken in different ways (check it out in any herbs book), but I'll point out that it is used in the so-called "Depurative Cures" that last from 4 to 6 weeks, and are usually done in Fall and Spring.

For this recipe, mainly Dandelion Flowers are used. It is optional to add other parts of the plant if more active principles are sought.

Ingredients:

- 1 handful fresh Dandelion flowers – ½ of dry flowers
- 1-2 Ginger root slices
- 1 liter Spring or Mineral Water
- 1 tbs. Honey
- 3 tbs. Water Kefir Grains – might want to use the pouch method
- 1 piece Licorice Root

Put all the ingredients in the glass container, cover with lid and let it ferment in a dark place for 24 hours. Strain and it's ready to drink

We can also add the fruit and blend it to make a nutritious "Coconut shake". Pull out the fruit from the shell, slice it, put it in the blender with water until a creamy consistency is achieved. Pour into the glass container, add the Water Kefir grains or Kefired Water, cover and let it ferment for at least 24 hours.

Strawberry Kefir

Strawberry Kefir

There are 2 ways you can do this delicious recipe that I explain below. The first one is bound to damage your grains if done on an ongoing basis, so you may want to separate some excess grains for this purpose or use the second one.

Use 10-12 Strawberries (more if you use the wild small ones) – puree or juice all of them except 2 that you can toss in whole. Fill container up to 1 liter with spring water. So, basically, you use one part of strawberry juice and one part water. Add 3 tbs. Water Kefir Grains, 2 teaspoons of Honey and half a lemon. Cover and let it ferment for at least 24 hours. It is normal for your grains to get tinged in a pink color from the natural pigments in the strawberries when doing this version. Strain and squeeze the half lemon in it as usual.

Alternatively, you can make your strawberry juice, and add Kefired Water with active fermentation to it, cover and let it ferment for 24 hours.

Sources Used for the Elaboration of this Document:

In Spanish:
http://nutribiota.midire.com/
http://lanaturaleza.hypermart.net/kefir-agua.htm
http://www.pipirimosca.com/kefir/castellano.html
http://personal.redestb.es/martin/kefir.htm

In English:
http://users.chariot.net.au/%7Edna/kefirpage.html
http://www.torontoadvisors.com/Kefir/kefir.htm
http://www.geocities.com/wallstreet/9347/KEFIR.htm
http://www.kefir.biz/

Copyright © 2004 All rights reserved.
+++ COPIES ONLY TO BE DISTRIBUTED FOR FREE +++